

Dr Kwan Yeoh

www.orthosports.com.au

47-49 Burwood Road, Concord
29-31 Dora Street, Hurstville
119-121 Lethbridge Street, Penrith
20 Lexington Drive, Bella Vista



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ORTHOPAEDIC & SPORTS MEDICINE SERVICE

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Hand, Wrist & Upper Limb Surgeon

Osteoarthritis of the base of the thumb



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Why?

Commonly missed

Treatment not well understood



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Commonly missed



- Pain
 - De Quervains
 - FCR tendinitis
 - Carpal tunnel syndrome
 - Base of thumb arthritis
 - Trigger thumb
 - Trauma-related

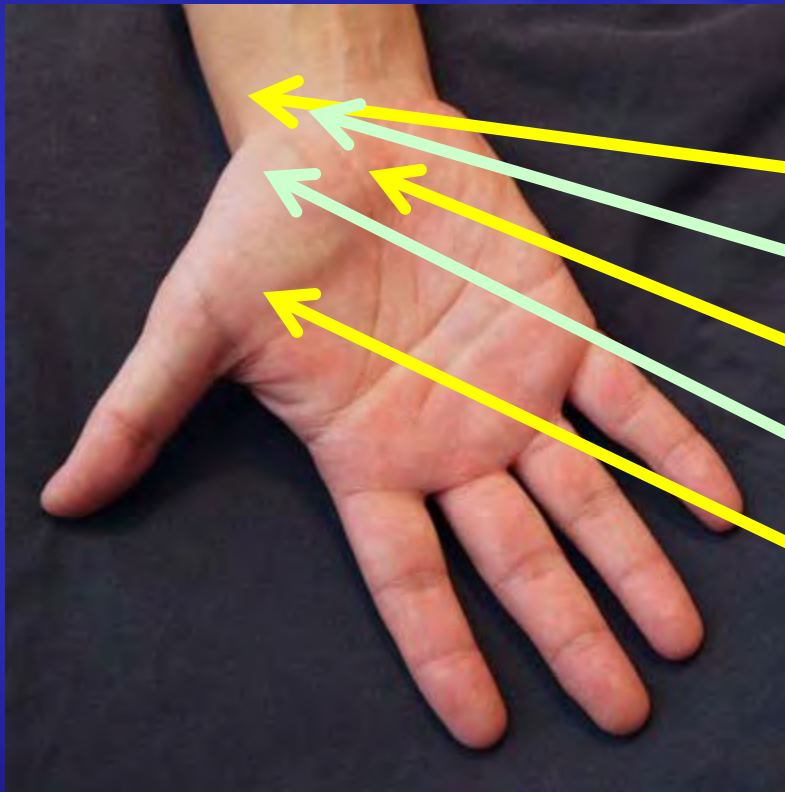


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Commonly missed



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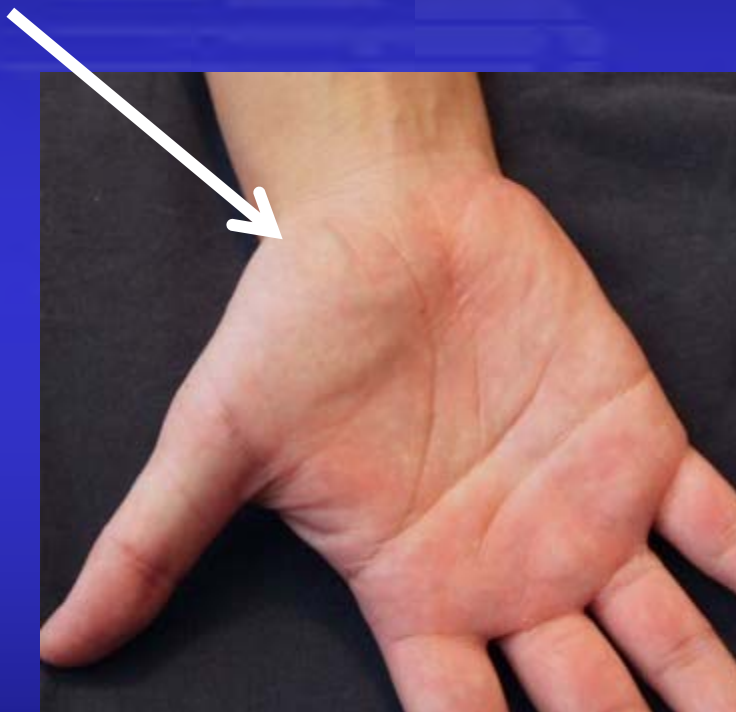
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Commonly missed

STT



CMC



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- Carpal tunnel syndrome

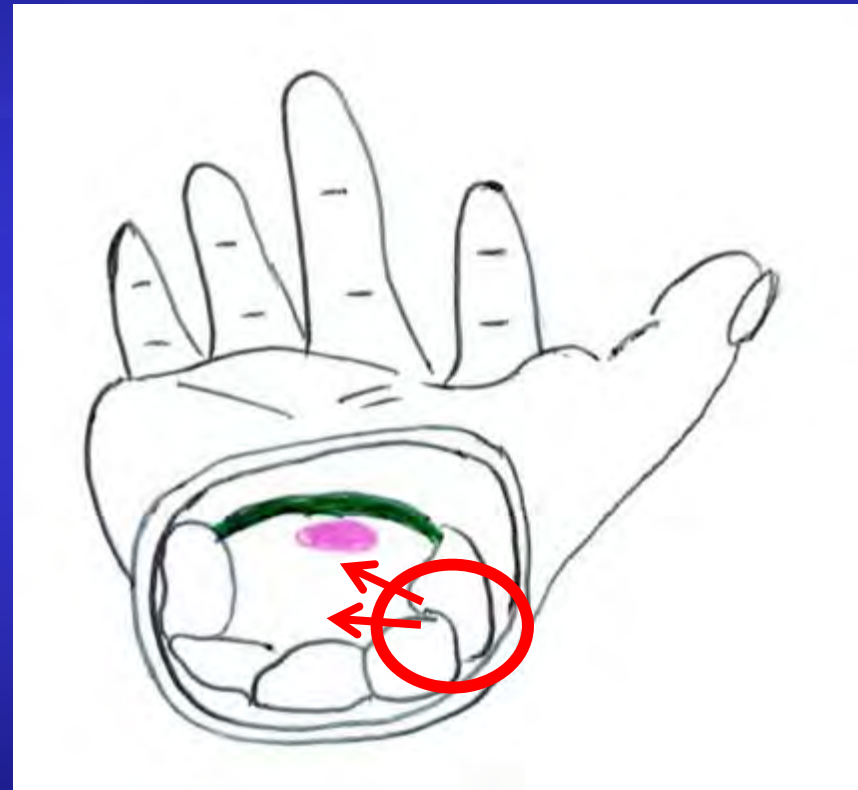


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Commonly missed



Imaging



CMC

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Imaging



STT



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Imaging

IP

MCP



CMC



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Imaging

CT

MRI

~~Ultrasound~~



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Treatment

- Stop pain pathways
 - Oral medications
 - Injected medications
 - Steroid
- Stop joint grinding
 - Splint
 - Physiotherapy
 - Activity modification
 - Surgery



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Treatment

- Surgery
 - Arthroscopy
 - Osteotomy
 - Remove joint surfaces
 - Arthrodesis
 - Trapeziectomy
 - Arthroplasty



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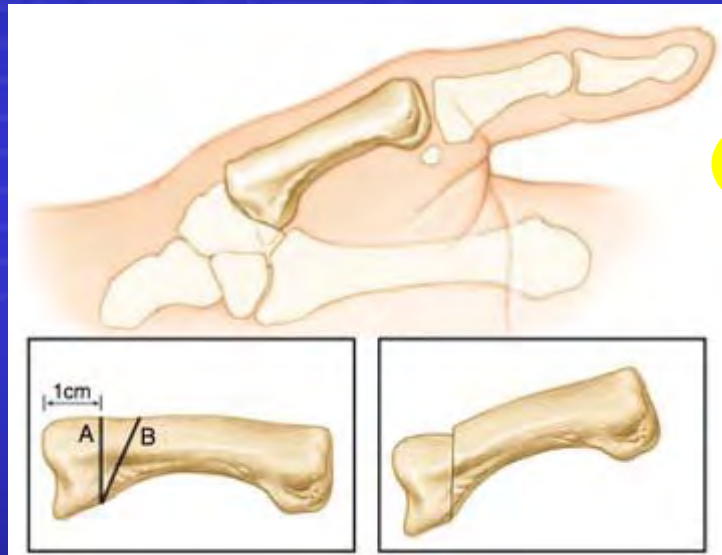
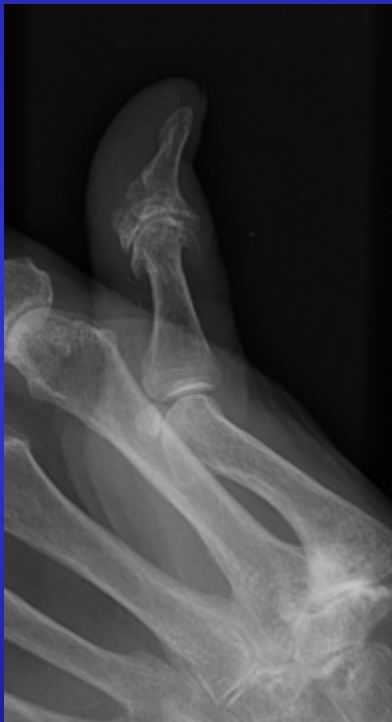
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- Remove joint surfaces

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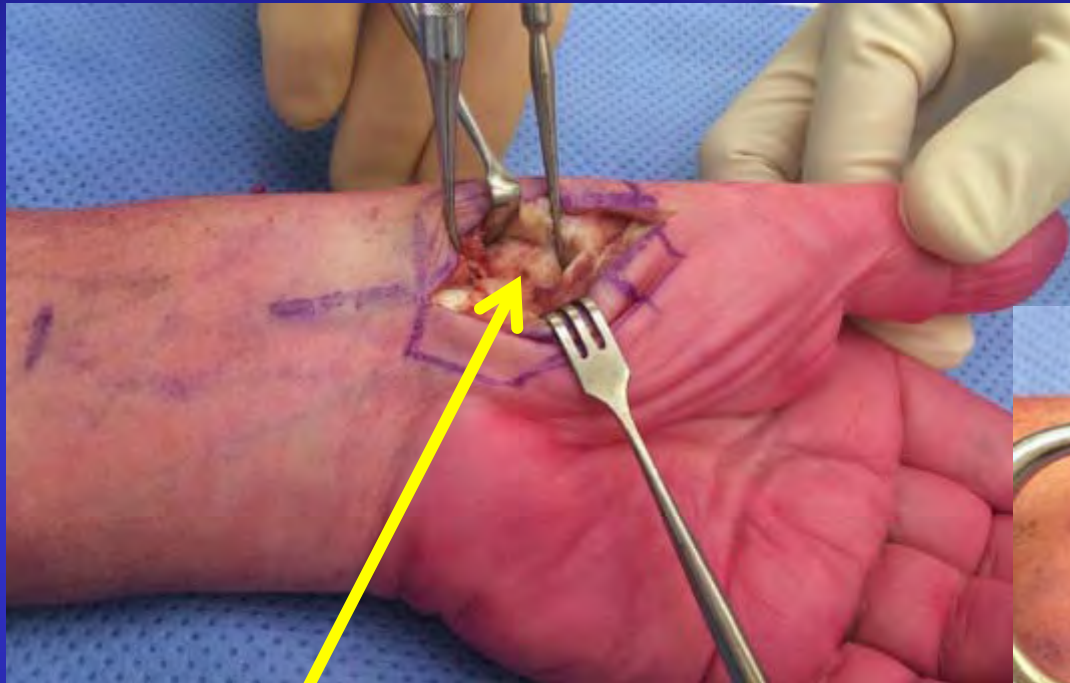


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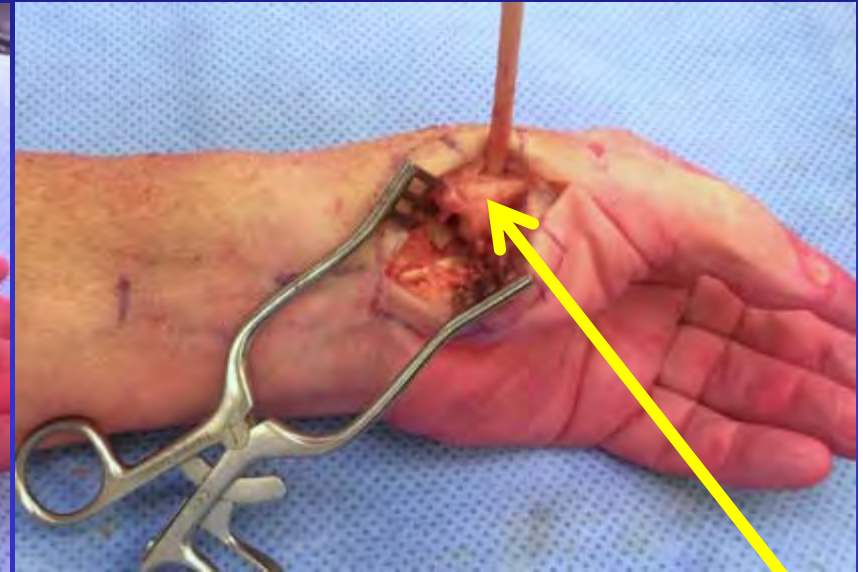
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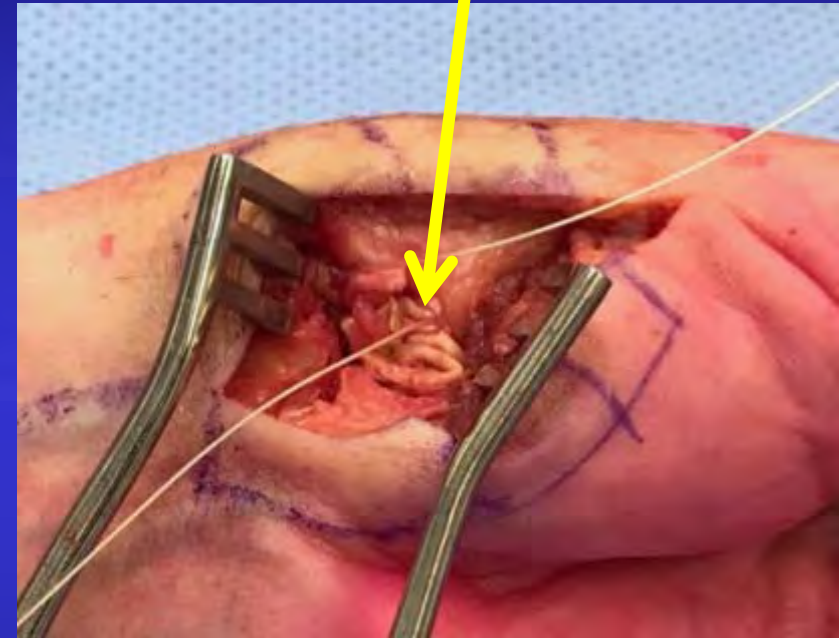
Trapeziectomy



Trapeziectomy



Trapeziectomy



Trapeziectomy

- Post-op protocol
 - Day 0 - Week 2: Thumb spica slab
 - Week 2 - Week 6: Thumb spica cast
 - Week 6 - Week 12:
 - Thumb spica resting thermoplastic splint
 - Start exercises
 - Week 12 - Month 6:
 - Start strengthening
 - From Month 6: Unrestricted use



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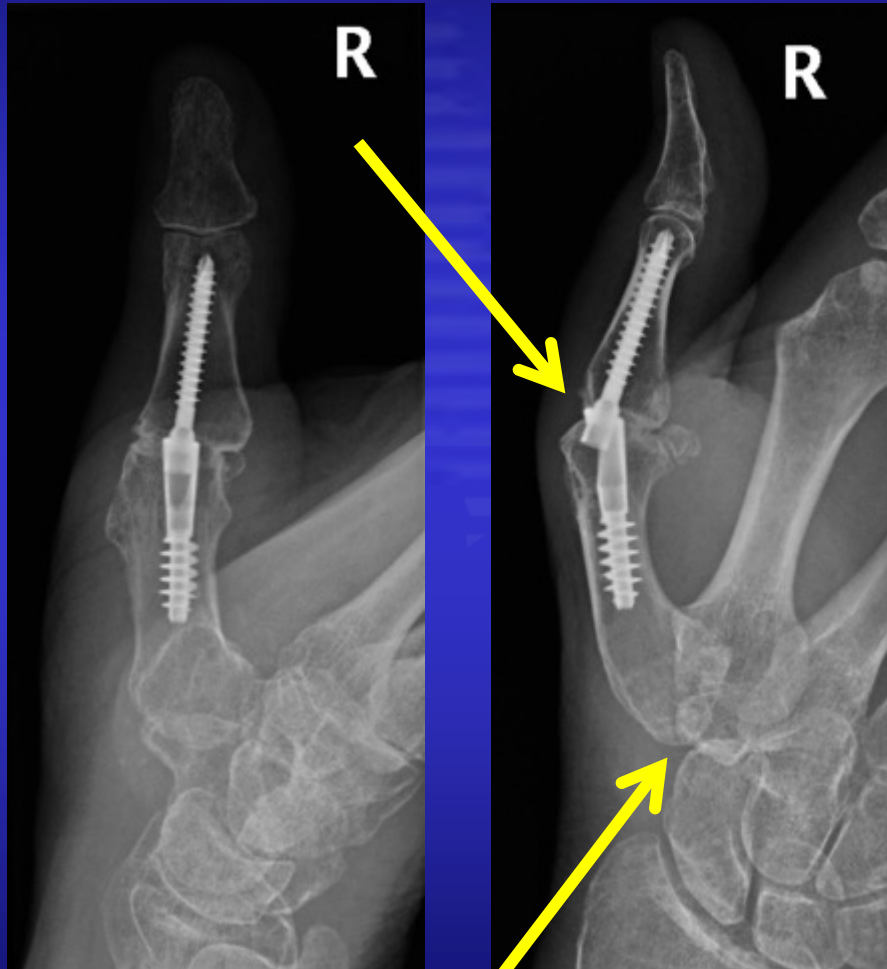
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Images: LMT pyrocarbon sales brochure, 2013

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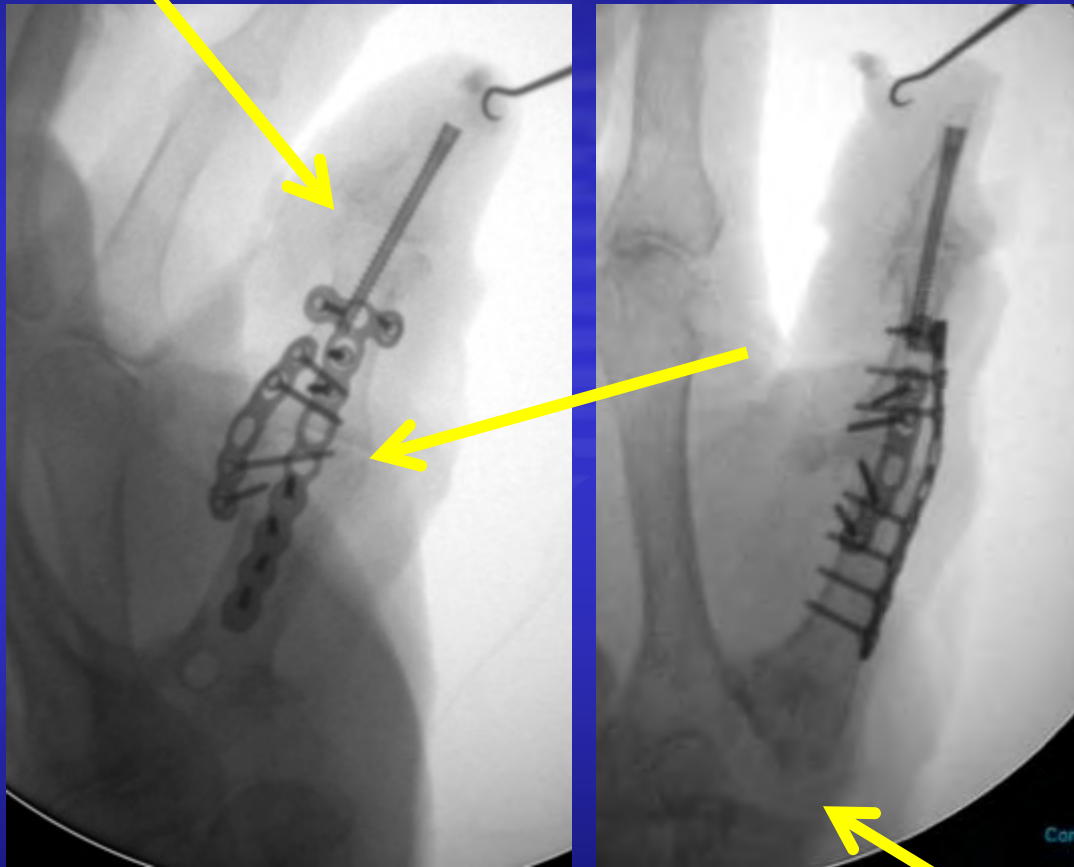


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Summary: Base of thumb arthritis

Don't miss it

It can be treated



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